

קבלת שבת



שבת שלום

SHABBAT SERVICE

Society of Jewish Science
The Center for Applied Judaism
109 East 39th St, NYC 10016

KABBALAT SHABBAT

קבלת שבת

הדלקת נרות - CANDLE LIGHTING

As twilight gives way to darkened sky, the distractions of the day give way to the stillness of the night. It is time for us to see not with our eyes, but with our hearts and minds. The day gives way to evening, it is time for us to welcome Shabbat.

The candles stand before us waiting to be lit. We recall our ancestors as we too, seek to dispel the darkness and banish the cold, and to bring glowing softness, warmth, and safety into our homes. May the dancing flames of these candles kindle warmth within our hearts, wisdom in our minds, and passion in our souls. (CBA)

May our hearts be lifted, our spirits refreshed as we light the Shabbat candles. As they give light to all who behold them, so may we, by our lives, give light to all who behold us.

(Marcia Falk, adapted)

Baruch ata Adonai, Eloheynu melech ha-olam, asher kid'shanu b'mitsvotav
v'tsivanu l'had-lik ner shel Shabbat.

ברוך אתה יי אלהינו מלך העולם אשר קדשנו במצותיו וצונו להדליק נר של שבת.

May we be blessed with Sabbath joy. May we be blessed with Sabbath peace. May we be blessed with Sabbath happiness.

SONG

Call to Prayer

The expression of the Divine Mind is always for good, for strength, for courage, for happiness, for joy. It is in our power to make contact with God, and this contact can be made only through prayer. Every contact with God, every reaching out to the Divine Source of our being, every act of the mind that has at its core the recognition of God's presence and God's goodness, is a prayer on the part of humankind, and brings us blessing, elevation, and salvation. (Tehilla Lichtenstein)

Barechu et Adonai hamvorach.

ברכו את יי המבורך!

Baruch Adonai hamvorach leyolam vaed.

ברוך יי המבורך לעולם ועד!

Praise the Eternal to whom all praise is due.

Praised be the Eternal to whom all praise is due forever and ever.

SHEMA YISRAEL, ADONAI ELOHEYNU, ADONAI ECHAD.

שמע ישראל: יי אלהינו, יי אחד!

Baruch shaym k'vod malchuto leyolam vaed.

ברוך שם כבוד מלכותו לעולם ועד!

HEAR, O ISRAEL, THE ETERNAL OUR GOD, THE ETERNAL IS ONE!

Praised be the name of the Eternal forever and ever!



You shall love your Eternal God with all your heart, with all your soul, and with all your might. Set these words, which I command you this day, upon your heart. Teach them faithfully to your children; speak of them in your home and on your way, when you lie down and when you rise up. Bind them as a sign upon your hand; let them be symbols before your eyes; inscribe them upon the doorposts of your house and on your gates.

V'ahavta et Adonai Elohecha,

b'chol l'vavcha uv'chol nafsh'cha uv'chol

m'odecha. V'hayu had'varim ha-eileh

asher anochi m'tzav'cha hayom al

l'vavecha. V'shinantam l'vanecha v'dibarta

bam b'shiv'cha b'veitecha uv'lecht'cha

vaderech uv'shochb'cha uv'kumecha.

Uk'shartam l'ot al yadecha v'hayu

l'totafot bein einecha. Uch'tavtam

al m'zuzot beitecha uvish'arecha.

ואהבת את יי אלהיך בכל לבבך ובכל נפשך ובכל מאודך. והיו הדברים האלה, אשר אנכי מצוך היום, על לבבך ושננתם לבניך ודבורתם במשבתך בביתך, ובלכתך בדרך, ובשכבך ובקומך. וקשרתם לאות על ידך והיו לסטפת בין עיניך, וכתבתם על מזוזות ביתך ובשעריך.

WE PRAISE GOD - AMIDAH - עמידה



Baruch ata Adonai, Eloheinu, Elohei
avoteinu.

Elohei Avraham, Elohei Yi-tz'chak, v'Elohei
Ya-akov, Elohei Sara, Elohei Rivka, Elohei
Lei-a, v'Elohei Rachel.

Ha-Eil, ha-Gadol, haGibor v'ha Nora Eil Elyon, gomer
chassidim to-vim, v'ko-nei ha-kol, v'zo-cheir chas-dei avot,
u'mei-vi go-eil li-vnei v'nei-hem l'ma-an Sh'mo b'a-hava.
Melech O-zeir u-Moshi-a u-Magein. Baruch ata Adonai,
Ma-gein Avraham v'efrat Sara.

Ata gibor l'oam, Adonai m'chai-yei mei-tim ata rav l'ho'shia.
M'cha-l'keil cha-im b'ches-sed, m'cha-ye mei-tim b'ra-cha-
mim ra-bim, so-meich no-f'lim v'ro-fei cho-lim u-matir
a-surim, u-m'kai-eim e-mu-na-to li-shei-nei a-far, mi cha-mo-
cha ba-al g'vu-rot u-mi do-me Lach, Me-lech mei-mit
u-m'chai-e u-ma-tz'mi-ach y'shua, v'ne-e-man ata l'ha-chai-ot
me-tim. Baruch ata Adonai, m'chai-ei ha-metim.

May our hearts be open, and our minds refreshed as we stand
together and meditate on our most important values.

We remember our ancestors, both literal and spiritual, who in
love shaped our lives. We honor their memories by living with
dignity and compassion.

We bless the Eternal One, who gave us our culture and life.

עלינו - Aleynu

Aleynu l' shabeyach La-adohn ha-kol
La-teyt g'dulah l'yotzer b'rey-sheet

O come, let us praise the Light of the World
And affirm the greatness of the Shaper of Life
Who made every people a spark of divine
And blessed each one in its own special way.

ואנחנו כרעים ומשתחווים ומודים
לפני מלך מלכי המלכים הקדוש ברוך הוא

Va-anachnu ko-reem u-mishtachavim u-modim
Lif-ney melech mal-chey ha-m'lachim
Ha-kadosh baruch hu.

We bow before the Presence of God, who is the Power that rules the
Universe.

ונאמר והיה יי למלך על כל הארץ;
ביום ההוא, ביום ההוא, יהיה יי אחד
ושמו, ושמו, ושמו אחד.

Ve-ne-emar, V'hayah Adonai, l'melech ahl kol ha-aretz;
Bah-yom ha-hu, ba-yom ha-hu, yee-yeh Adonai echad.
U-sh'mo, U-sh'mo, U-sh'mo ECHAD!

And it is said: Adonai will be the Ruler over the whole earth, and on
that day, God will be One, and God's name will be One.



Opening Meditation

The days flow into one another without interruption. Time races on. The Sabbath is our means to divert time, a stepping off point, pausing with friends and loved ones to observe a time for reflection, and to rejoice in the wonder-filled experience of living.

There can be a sense of pleasure in every breath; blessed with tastes to savor and warmth to give. Bestowed with sight and sound, we are obliged to revel in each smile and in every musical note.

The Sabbath also awakens us to the silence between the notes. It speaks of contemplation, the quiet delight of literature, unhurried walks, and rare conversation.

The Sabbath is our interlude, our ritual pause in this lively current. It is our signal to step more lightly, to appreciate more profoundly, and to dive more deeply into the questions that life is asking.

(Congregation Beth Adam)

SONG: *Hinney Ma Tov*

הנה מה טוב ומה נעים שבת אחים גם יחד

Hinney ma tov oo-ma-na-eem, she-vet a-cheem gam ya-chad.

"How good and how pleasant it is for brothers and sisters to live together in unity."

PSALM OF DAVID - **מזמור לדוד** - Psalm 23 (traditional wording)

- The Lord is my shepherd, I shall not want.

He maketh me to lie down in green pastures; He leadeth me beside the still waters.

- He restoreth my soul; He guideth me in straight paths for His name's sake.

Yea, though I walk through the valley of the shadow of death, I will fear no evil, for Thou art with me; Thy rod and Thy staff, they comfort me.

- Thou preparest a table before me in the presence of mine enemies; Thou anointest my head with oil; my cup runneth over.

Surely goodness and mercy shall follow me all the days of my life; and I shall dwell in the house of the Lord forever.

V'SHAMROO V'NAY YISRAEL - ושמרו

V'shamroo v'nay Yisrael et ha-Shabbat, la-ah-sot et ha-Shabbat l'doro-tam berit olam. Bei-ni u-vein b'nei Yisrael ot hi l'olam. Ki shei-shet ya-mim asa Adonai et ha-shama-yim v'et ha-arets, u-va-yom ha-sh'vi-i sha-vat va-yi-na-fash.

ושמרו בני ישראל את השבת לשות את שבת לדורתם בדית עולם. ביני ובין בני ישראל אות היא לעולם. כי ששת ימים עשה יי את השמים ואת הארץ וביום השביעי שבת וינפש.

The people of Israel shall keep the Sabbath, observing the Sabbath in every generation as a covenant for all time. It is a sign forever between Me and the people of Israel. For in six days the Eternal One made heaven and earth, but on the seventh day God rested and was refreshed.

JEWISH SCIENCE AFFIRMATIONS

The God consciousness in me expresses itself in Health, in Calmness, in Peace, in Power, and in Happiness.

I am calm and cheerful; I hate no one; I envy no one: there is no worry or fear in me; I trust in God all the time.

JEWISH SCIENCE - SILENT DEVOTION - read silently

"In Jewish Science, prayers for petition take the form of a declaration - a declaration not necessarily in words, but in images. Our prayer takes the form of a visualized image. Visualized prayer centers the mind, the thoughts, the imagination, on the object that is to be attained. It is a positive, affirmative creation of our goal, erasing for the time all negative thoughts and images, all doubts as to the outcome of the prayer, all obstructive currents and influences. To see yourself as healthy is more effective than declaring yourself healthy, and doubly more effective than pleading for health. Pleading contains in it the thought of ill-health, or doubt, or concern as to whether the desired response will be received. To see the stream of Divine health flowing through your system, filling it with renewed strength and recuperation, is in effect to assert God's infallible response to your prayer.

You do not doubt the effects of your petition - you see it answered. You see the stream of Divine health flowing through you. You are addressing a Power or a Being, not far from you, but a Being who is close at hand, a very part of you, with you, around you, and within you. It is a wonderful and illuminating idea to be assured that the strength, the good, the joy, the serenity, the power and the healing that you seek and that you are praying for are part of the Divine residence within you.

See yourself in perfect health. See yourself calm and filled with serenity and joy. See yourself in the state in which you wish to be with the earnest assertion that the Divine Mind expresses Itself on your behalf. You will find yourself transformed as you accept the idea of God as a part of yourself, as a power for good and help and strength within yourself."

(Tehilla Lichtenstein - Applied Judaism)

Period of Silent Prayer

MISHEBERACH

Misheberach, avoteynu. M'kor ha-bracha, imoteynu. May the Source of strength, who blessed the ones before us, help us find the courage, to make our lives a blessing. And let us say: A-men.

Misheberach, imoteynu. M'kor ha-bracha. avoteynu. Bless those in need of healing with refua shleima. The renewal of body. The renewal of spirit. And let us say: A-men.

MOURNER'S KADDISH - קדיש יתום

Yit-ga-dal v'yit-ka-dash sh'mei raba. B'al-ma di-v'ra
chi-r'u'tei, v'yam-lich mal-chu-tei b'cha-yei-chon
u-v'yo-mei-chon u'v'cha-yei d'chol beit yis-ra-el,
ba-a-ga-la u-vi-z'man ka-riv, v'i-m'ru. Amein.



Y'hei sh'mei ra-ba m'va-rach l'a-lam u-l'al-mei al-ma-ya.

Yit-ba-rach v'yish-ta-bach, v'yit-pa-ar v'yit-ro-mam
v'yit-na-sei, v'yit-ha-dar v'yit-a-leh v'yit-ha-lal
sh'mei d'kud-sha, b'rich hu,

l'ei-la min kol bir-cha-ta v'shi-ra-ta, tush-b'cha-ta
v'neh-cheh-ma-ta da-a-mi-ran b'al-ma, v'i-m'ru. Amein.

Y'hei sh'la-ma ra-ba min sh'ma-ya v'cha-yim, a-lei-nu
v'al kol yis-ra-el, v'i-m'ru. Amein.

O-seh sha-lom bi-m'ro-mav, hu ya-a-seh sha-lom
a-lei-nu v'al kol yis-ra-el, v'i-m'ru. Amein. *(Sing Oseh Shalom)*

FINAL SONG



SONGS

1. MA YAFE HA-YOM

Ma Yafe Ha-yom, Shabbat Shalom, ma yafe ha-yom Shabbat Shalom: Shabbat,
Shabbat Shalom, Shabbat, Shabbat Shalom, Shabbat, Shabbat Shalom,
Shabbat Shalom!

2. PEACE BE WITH YOU

Peace be with you wherever you go. Peace be with you whatever you do.
Peace be with you till we meet again. Peace be with you my friend. (Repeat 2
more times with "Joy" and "Love," then:) Shalom Aleikhem, Shalom, Shalom;
Shalom Aleikhem, Shalom, Shalom; Shalom Aleikhem, Shalom, Shalom;
Shalom Aleikhem, Shalom!

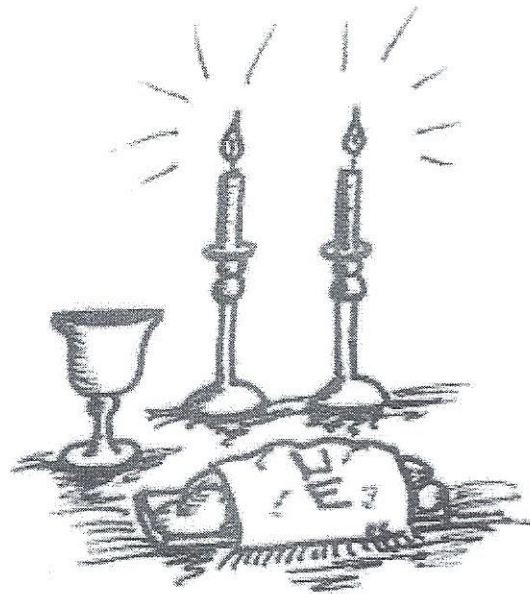
BLESSINGS

Wine: Baruch ata adonai eloheinu melech ha-olam borey pri hagafen.

ברוך אתה יי אלהינו מלך העולם בורא פרי הגפן

Challah: Baruch ata adonai eloheinu melech ha-olam ha-motsee lechem min ha-arets.

ברוך אתה יי אלהינו מלך העולם המוציא לחם מן הארץ



Additional Shabbat Prayers

WHO IS LIKE YOU? מי כמכה

Standing on the parted shores of history, we still believe what we were taught before we ever stood at Sinai: that wherever we are, it is eternally Egypt; that there is a better place, a Promised Land; that the winding way to that promise passes through the wilderness; and that there is no way to get from here to there except by joining hands and marching together.

Mi chamocha ba-ei-lim Adonai, mi kamocha nedar ba-kodesh, nora t'hilot osey feh-ley.

מי כמכה באלים יי, מי כמכה נאדר בקדש נורא תהילת עשה פלא

Who is like you, O Lord among the gods? Who is like you glorified in holiness? You are awesome in praise, working wonders O Lord, who is like you, O Lord?

EVENING PRAYER - השכיבנו

Hashkiveinu adonai eloheinu le-shalom, ve-ha-amideinu malkeinu le-chayim.

השכיבנו יי אלהינו לשלום והעמידנו מלכנו לחיים

Grant, O Eternal One, that we may lie down in peace, and raise us up, O Ruler, to life. And spread over us the shelter of your peace, and guide us with your good counsel. Save us for your name's sake, and shield us. And remove from us every enemy, pestilence, sword, famine, and grief. Remove our inclination to do evil. And shelter us in the shadow of your wings, for you are our protecting and saving God and our gracious and merciful ruler. And guard our going out and our coming in unto life and peace, from now and forever.

SHALOM ALEICHEM

Shalom aleichem
mal'achei hasharet
mal'achei elyon.

Mimelech mal'achei ham'lachim
Hakadosh baruch Hu.

Bo'achem leshalom
mal'achei hashalom
mal'achei elyon

Mimelech mal'achei ham'lachim
Hakadosh baruch Hu.

Bar'chuni leshalom
mal'achei hashalom
mal'achei elyon

Mimelech mal'achei ham'lachim
Hakadosh baruch Hu.

Tzetchem leshalom
mal'achei hashalom
mal'achei elyon

Mimelech mal'achei ham'lachim
Hakadosh baruch Hu.

שְׁלוֹם עֲלֵיכֶם מַלְאֲכֵי הַשָּׁרֵת מַלְאֲכֵי עֲלִיוֹן
מִמֶּלֶךְ מַלְכֵי הַמַּלְאֲכִים הַקְּדוֹשׁ בְּרוּךְ הוּא
בּוֹאֲכֶם לְשָׁלוֹם מַלְאֲכֵי הַשָּׁלוֹם מַלְאֲכֵי עֲלִיוֹן
מִמֶּלֶךְ מַלְכֵי הַמַּלְאֲכִים הַקְּדוֹשׁ בְּרוּךְ הוּא
כִּי הַשָּׁלוֹם מַלְאֲכֵי עֲלִיוֹן בְּרָכוּי לְשָׁלוֹם מַלְאֲ
מִמֶּלֶךְ מַלְכֵי הַמַּלְאֲכִים הַקְּדוֹשׁ בְּרוּךְ הוּא
צֵאתְכֶם לְשָׁלוֹם מַלְאֲכֵי הַשָּׁלוֹם מַלְאֲכֵי עֲלִיוֹן
מִמֶּלֶךְ מַלְכֵי הַמַּלְאֲכִים הַקְּדוֹשׁ בְּרוּךְ הוּא

Affirmations of Truth - אמת

"Don't be dejected and sad, for the joy of the Lord is your strength!"
(Nehemiah 8:10)

The Lord is the salvation of my life-- of whom shall I be afraid?
God is my light and stronghold who shall I fear? (Psalm 27)

Prayer must not be offered with weeping and wailing.
(Rabbi Morris Lichtenstein)

The joyful way is always the right choice for me.

I greet today with a truly joyful and positive expectancy, as though it were a good friend.

I see joy, love, and light all around me and it brings my soul pure delight.

My joy is returned to me from the Divine Source of all.

I am filled with beautiful, joyful, and creative energy.

It is easy for me to live my life happy, healthy, and joyfully.

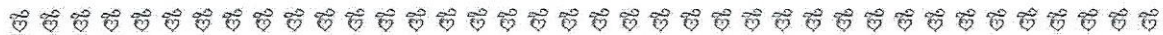
The Lord (Divine Source) fills my heart with pure joy

My mind is fresh, appreciative, grateful and creative

I find joy in friendships.

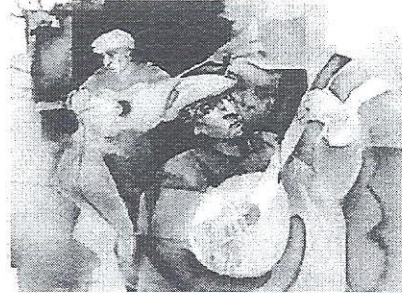
I am full of joy, love, and light from my Heavenly Creator.

SONGS AND HYMNS FOR SHABBAT AND HOLIDAYS



1. HINNEY MA TOV

HINNEY MA TOV OO-MA-NA-YEEM
SHEVET ACHEEM GAM YA-CHAD.



2. HA-VAY-NOO SHALOM A-LEY-CHEM

HA-VAY-NOO SHALOM A-LEY-CHEM

3. AL SH'LOSHA D'VAREEM

AL SH'LOSHA D'VAREEM
AL SH'LOSHA D'VAREEM
AL SH'LOSHA, SH'LOSHA D'VAREEM HA OLAM HA OLAM OMAVD

AL HA-TORA
V'AL HA-AVODA
V'AL GI-MI-LUT CHA-SA-DEEM (repeat)

4. LO YISSA GOY

LO YISSA GOY EL GOY CHEREV
LO YIL-ME-DOO OD MIL-CHAMA (2X)

5. MA TOVOO

MA TO-VOO O-HALEKHA YA-KOV
MISH-KE-NO-TEKHA YIS-RA-EL

6. AVADIM HAYINU ONCE WE WERE SLAVES, NOW WE ARE FREE / PASSOVER HAGGADA

AVADIM HAYINU, AVADIM; ATA B'NAY KHORIN, B'NAY KHORIN
AVADIM HAYINU, ATA, ATA, B'NAY KHORIN

7. ESA ENAI *Psalm 121*

ESA ENAI EL HE-HARIM
ME-AYIN ME-AYIN YAVO EZRI? (2X)

EZRI ME-IM A-DO-NAI
OSAY SHA-MA-YIM V-ARETS (2X)

8. THE TREE SONG *by Joan Besser*

TRY TO BE MORE LIKE A TREE
IT KNOWS JUST WHEN TO BEND
AND IT KNOWS WHEN YOU SHOULD TAKE A STAND
HELPING STRANGER, HELPING A FRIEND

GIVING SHELTER TO THOSE IN NEED
BY STANDING STRAIGHT AND TALL
REACH OUT A HAND TO HELP SOMEONE
BEFORE THEY TAKE A FALL

TRY TO BE MORE LIKE A TREE

THE FOREST IS LIKE OUR WORLD
THERE'S ROOM FOR EVERYONE
MAKE IT A SAFE PLACE FOR THE YOUNG
TO CARE FOR WHAT WE'VE DONE

TRY TO BE MORE LIKE A TREE

SO WHENEVER YOU HAVE THE CHANCE
THANK GOD FOR WHAT YOU'VE GOT
ALL GOD'S CREATION, ESPECIALLY THE TREES
ON THEIR BIRTHDAY TU BISHVAT

TRY TO BE MORE LIKE A TREE

**9. AM YISRAEL HIE** *THE JEWISH PEOPLE LIVES*

AM YISRAEL HIE (6X)

10. LET'S SING OF TU BISHVAT *by Ruth Levy-Schudroff*

LONG AGO IN ERETZ YISRAEL
 HONI THE CIRCLE-MAKER TOO A STROLL
 THERE HE SAW A MAN ENGAGED IN PLANTING
 A TINY CAROB TREE IN A SMALL HOLE

HONI ASKED HIM WHEN FRUIT THIS TREE WOULD BEAR
 THE PLANTER SAID, "AT LEAST SEVENTY YEARS"
 HONI REPLIED, "BUT IT IS LIKELY YOU'LL NOT LIVE
 TO REAP WHAT YOU HAVE SOWN THROUGH TOIL AND TEARS"

(TO WHICH THE PLANTER REPLIED)

IT SURELY MATTERS NOT
 THAT I MAY NEVER SEE
 THE FRUIT BORNE BY THIS TINY CAROB TREE
 IT IS HASHEM'S COMMAND
 TO PLANT TREES IN OUR LAND
 ON TU BISHVAT, WE PLANT ON TU BISHVAT

LET'S SING OF TU BISHVAT
 THE JOY OF TU BISHVAT
 WE CELEBRATE THE FESTIVAL OF TREES
 THE FIFTEENTH OF SHEVAT
 MUST NOT BE E'ER FORGOT
 WE CELEBRATE THE BIRTHDAY OF THE TREES

11. CHAG SHALOM *BY H. COOPERSMITH*

CHAG SHALOM, CHAG SHALOM
 CHAG GADOL HU HA-YOM
 CHAG LA-ETZ LA-ILAN
 CHAG LA-LA-AR V'LA-GAN
 CHAG SHALOM, CHAG SHALOM
 NIS-M'CHA KOL HA-YOM
 CHAG SHALOM, CHAG SHALOM
 NIS-M'CHA KOL HA-YOM

12. TURN! TURN! TURN! *ECCLESIASTES, ADAPTED BY PETE SEEGER*

TO EVERYTHING (TURN, TURN, TURN)
THERE IS A SEASON (TURN, TURN, TURN)
AND A TIME FOR EVERY PURPOSE UNDER HEAVEN

A TIME TO BE BORN, A TIME TO DIE
A TIME TO PLANT, A TIME TO REAP
A TIME TO KILL, A TIME TO HEAL
A TIME TO LAUGH, A TIME TO WEEP

TO EVERYTHING

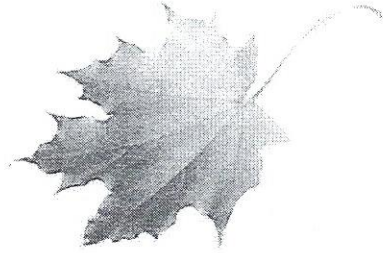
A TIME TO BUILD UP, A TIME TO BREAK DOWN
A TIME TO DANCE, A TIME TO MOURN
A TIME TO CAST AWAY STONES
A TIME TO GATHER STONES TOGETHER

TO EVERYTHING

A TIME OF LOVE TO CAST AWAY HATE
A TIME OF WAR, A TIME OF PEACE
A TIME YOU MAY EMBRACE
A TIME TO REFRAIN FROM EMBRACING

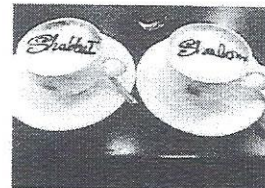
TO EVERYTHING

A TIME TO GAIN, A TIME TO LOSE
A TIME TO REND, A TIME TO SEW
A TIME TO LOVE, A TIME TO HATE
A TIME FOR PEACE, I SWEAR IT'S NOT TOO LATE



13. MA YAFE HAYOM *SONG FOR SHABBAT*

MA YAFE HAYOM, SHABBAT SHALOM, MA YAFE HAYOM SHABBAT
SHALOM / SHABBAT SHALOM (4x)



14. MAOZ TZUR - ROCK OF AGES

MA'OZ TZUR YESHUATI, LEKHA NA'EH LESHA-BE-ACH
 TIKON BEIT TE-FI-LATI, VE-SHAM TODA NEZA-BE'ACH
 LE'ET TAKHIN MAT'BE'ACH, MITZAR HAM'NABE'ACH
 AZ EGMOR BESHIR MIZMOR KHANUKAT HAMIZBE'ACH -REPEAT LAST 2 LINES

ROCK OF AGES LET OUR SONG
 PRAISE THY SAVING POWER
 THOU AMIDST THE RAGING FOES
 WAST OUR SHEL'T'RING TOWER

FURIOUS THEY ASSAILED US
 BUT THINE ARM AVAILED US
 AND THY WORD BROKE THEIR SWORD
 WHEN OUR OWN STRENGTH FAILED US (REPEAT LAST 2 LINES)

15. AYFO OREE *BY RABBI SHERWIN WINE*

AY-FO OREE? OREE BEE
 AY-FO TIK-VA-TEE? TIK-VA-TEE BEE
 AY-FO KO-KHEE? KO-KHEE BEE, V'GAM BAKH (REPEAT LAST LINE)

WHERE IS MY LIGHT? MY LIGHT IS IN ME
 WHERE IS MY HOPE? MY HOPE IS IN ME
 WHERE IS MY STRENGTH? MY STRENGTH IS IN ME, AND IN YOU REPEAT

16. THERE'S A PLACE *BY SANDI HOROWITZ, JERALD BAIN, RABBI EVA GOLDFINGER*

There's a place with answers we are seeking.
 There's a place to find our light of hope.
 Where's the strength to realize our vision?
 Yesh makom b'tochay-nu, yesh makom b'tochay-nu.
 Look within yourself, you'll find it there.

There's a place with wisdom that can guide us.
 There's a place where we know what's right or wrong.
 Where's the path to peace that we all long for?
 Yesh makom b'tochay-nu, yesh makom b'tochay-nu.
 Look within yourself, you'll find it there.

17. L'CHI LACH *BY DEBBIE FRIEDMAN*

L'chi lach, to a land that I will show you
 Leich l'cha, to a place you do not know
 L'chi lach, on your journey I will bless you
 And (you shall be a blessing) 3x l'chi lach
 L'chi lach, and I shall make your name great
 Leich l'cha, and all shall praise your name
 L'chi lach, to the place that I will show you
 (L'sim-chat cha-yim) 3x l'chi lach

**18. MI SHEBEIRACH** *BY DEBBIE FRIEDMAN*

Mi shebeirach avoteinu
 Mechor habrachah l'imoteinu
 May the source of strength
 Who blessed the one before us.
 Help us find the courage to make our lives a blessing
 And let us say, Amen.

Mi shebeirach imoteinu
 Mechor habracha l'avoteinu
 Bless those in need of healing
 With refuah shleimah
 The renewal of body, the renewal of spirit.
 And let us say, Amen.

19. SHALOM ALEYCHEM *BY ANNE BARTENFELD-BARROWS AND RABBI DAN FRIEDMAN*

PEACE BE WITH YOU WHEREVER YOU GO
 PEACE BE WITH YOU WHATEVER YOU DO
 PEACE BE WITH YOU 'TIL WE MEET AGAIN
 PEACE BE WITH YOU MY FRIEND

JOY BE WITH YOU WHEREVER YOU GO
 JOY BE WITH YOU WHATEVER YOU DO
 JOY BE WITH YOU 'TIL WE MEET AGAIN
 JOY BE WITH YOU MY FRIEND

LOVE BE WITH YOU WHEREVER YOU GO
 LOVE BE WITH YOU WHATEVER YOU DO
 LOVE BE WITH YOU 'TIL WE MEET AGAIN
 LOVE BE WITH YOU MY FRIEND

SHALOM ALEYCHEM, SHALOM, SHALOM
 SHALOM ALEYCHEY, SHALOM, SHALOM
 SHALOM ALEYCHEM, SHALOM, SHALOM
 SHALOM ALEYCHEM, SHALOM

20. BASHANA HABAA *IN THE YEAR JUST AHEAD*

IN THE YEAR JUST AHEAD, WE'LL SIT OUTSIDE OUR WINDOWS
COUNTING BIRDS AS THEY FLY THROUGH THE SKY
COUNTING BIRDS, NO MORE PLANES -THIS WILL BE OUR TOMORROW
AND OUR CHILDREN WILL NOT HAVE TO CRY

SOON YOU'LL SEE, SOON YOU'LL SEE, JUST HOW GOOD IT WILL BE
IN THE YEAR JUST AHEAD, JUST AHEAD (Repeat verse in Hebrew)

OD TIREY, OD TIREY, KAMA TOV YI-YAY
BASHANA HA-BA-A, HA-BA-A

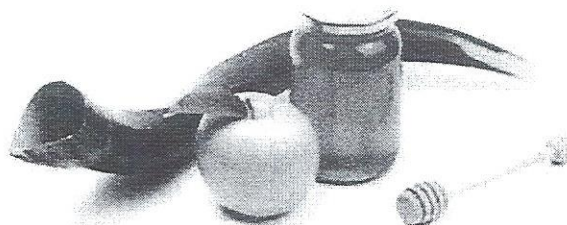
21. TAPOO-CHEEM OO-D'VASH *APPLES AND HONEY FOR ROSH HASHANA*

TAPOO-CHEEM OO-D'VASH L'ROSH HA-SHA-NA (2X)
SHA-NA TO-VA SHA-NA M'-TOO-KA (2X)
TAPOO-CHEEM OOD-D'VASH L'ROSH HA-SHA-NA (1X)

22. AYLEEYAHOO HANAVEE *ELIJAH THE PROPHET SAYS*

AY-LEE-YA-HOO HA-NA-VEE
AY-LEE-YA-HOO HA-TISH-BEE
AY-LEE-YA-HOO, AY-LEE-YA-HOO, AY-LEE-YA-HOO HA-GIL-A-DEE

BEEM-HEY-RA V'YA-MEY-NOO
LET US BUILD A WORLD ANEW
IN OUR DAYS, AND SPEEDILY,
IT IS UP TO YOU AND ME

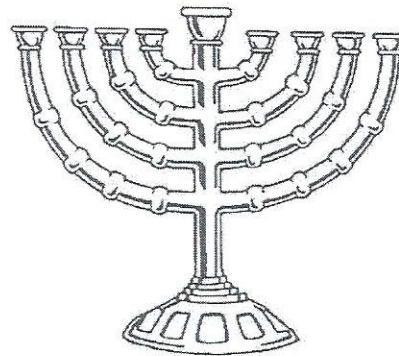


23. HATIKVA

Kol ode balevav
 P'nimah -
 Nefesh Yehudi homiyah
 Ulfa'atey mizrach kadimah
 Ayin l'tzion tzofiyah.
 Ode lo avdah tikvatenu
 Hatikvah bat shnot alpayim:
 L'hiyot am chofshi b'artzenu -
 Eretz Tzion v'Yerushalayim

**24. HANUKKA, OH, HANUKKA**

Oh Hanukka, Oh, Hanukka
 Come light the Menorah
 Let's have a party
 We'll all dance the Horah
 Spin the whirling dreidels
 All week long
 Eat the sizzling latkes
 And sing a happy song
 Now light them tonight then
 The candles all in a row
 We tell the wondrous story
 of God in all His glory
 The wonders of long, long ago.

**25. ADEER HOO FOR PESAHH**

SING ALOUD, STRONG AND PROUD, FREEDOM'S WONDROUS GLORY
 SING ALOUD, STRONG AND PROUD, ISRAEL'S FAMOUS STORY
 AS WE HEAR, YEAR BY YEAR, THE TALE OF OUR VICTORY

ADON OLAM - אֲדוֹן עוֹלָם

Adon olam asher malach,
b'terem kol y'tzir nivra.
L'et na'asah b'cheftzo kol
azai melech sh'mo nikra.

אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ,
בְּטֶרֶם כָּל יָצִיר נִבְרָא.
לְעֵת נַעֲשֶׂה בְּחֶפְצוֹ כָּל,
אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא.

V'acharei kichlot hakol
l'vado yimloch nora.
V'hu hayah, v'hu hoveh,
v'hu yihyeh b'tifarah.

וְאַחֲרֵי כִכְלוֹת הַכֹּל,
לְבַדּוֹ יִמְלֹךְ נוֹרָא.
וְהוּא הָיָה, וְהוּא הוֹיֵה,
וְהוּא יִהְיֶה בְּתִפְאָרָה.

V'hu echad v'ein sheni
l'hamishil lo l'hachbirah,
b'li reishi b'li tachlit,
v'lo haoz v'hamisra.

וְהוּא אֶחָד וְאֵין שֵׁנִי,
לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.
בְּלִי רֵאשִׁית בְּלִי תַּחְלִית,
וְלֹ הָעֵז וְהַמְשָׁרָה.

V'hu eili v'chai goali
v'tsur chevli b'eit tsrah,
v'hu nisi umanos li,
m'nat kosi b'yom ekrah.

וְהוּא אֵלִי וְחַי גּוֹאֲלִי,
וְצוּר חֲבֻלִי בְּעֵת צָרָה.
וְהוּא נָסִי וּמָנוֹס לִי,
מִנַּת כּוֹסִי בְּיוֹם אֶקְרָא.

B'yado afkid ruchy
b'et ishan v'airah.
v'im ruchy g'viati
Adonai li v'lo irah.

בְּיָדוֹ אֶפְקִיד רוּחִי,
בְּעֵת אִישָׁן וְאַעִּירָה.
וְעַם רוּחִי גּוֹיָתִי,
יְיָ לִי וְלֹא אִירָא.

You are the Eternal God, who reigned before any being had been created; when all was done according to Your will, already then You were Sovereign. And after all has ceased to be, still will You reign in solitary majesty; You were, You are, You will be in glory. You are one; none other can compare to You; You are without beginning and without end. Yours alone are power and dominion. And You are my God, my living Redeemer, my Rock in time of trouble and distress; You are my banner and my refuge, my benefactor when I call on You.

B'sheim Hashem

בְּשֵׁם הַשֵּׁם

B'sheim Hashem elohei Yisrael
 mimini Michael umismoli Gavriel
 Umilfanai Uriel umeachorai Rafael
 v'al roshi shechinat el

בְּשֵׁם הַשֵּׁם אֱלֹהֵי יִשְׂרָאֵל,
 מִיְּמִינִי מִיכָאֵל, וּמִשְׁמָאלִי גַבְרִיאֵל,
 וּמִלְּפָנַי אֱוִירִיאֵל, וּמֵאַחֲרַי רַפָּאֵל,
 . וְעַל רֹאשִׁי וְעַל רֹאשֵׁי שְׁכִינַת אֱ-ל

Translation:

In the name of the Lord, the God of Israel,
 may Michael be at my right hand;
 Gabriel at my left;
 before me, Uriel;
 behind me, Raphael;
 and above my head the divine presence of God.